

Health Centre



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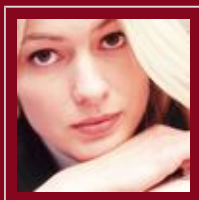
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Labels

Monday, June 14, 2010

Herpes labialis: act at the first signs



Herpes, a highly contagious virus

The cold sore is caused by a highly contagious virus: the herpes simplex virus 1.

It occurs in bouts resulting in the appearance of cold sores around the mouth, consisting of small vesicles filled with a liquid containing the virus.

Outbreaks are triggered in the course of events: fatigue, stress, emotion, rules, fever, exposure to sun, cold, reduced immune response, viral illness (colds, flu), local trauma, etc..

But each attack is preceded by warning signs: burning and tingling. Also sometimes fever, headache, body aches.

Tan, are you ready (e)?

Sun protection for children: a matter of time

Warning, some medicines cause allergy sun!

Emergencies Centre cons headaches: developed

Five ways to have a headache

Migraine: how to avoid the crisis?

Stop aches!

Aches explained to athletes

Colds, flu, how to simply treat a viral infection?

11 things to know in case of burns

What are the drugs that treat heartburn?

10 tips anti-heartburn

Start of treatment: from the early signs of cold sores!

These signs are very important because it is they who must lead you to get treatment immediately, even before the onset of cold sores. Indeed, treatment can block viral replication and limit contagion, shorten the duration and intensity of thrust.

Posted by Health Centre at 1:28 AM 0 comments

Labels: cold sores, viral infection

Friday, June 11, 2010

Gastroenteritis: when to see?

* Association of severe diarrhea, stomach pain, vomiting and fever.

* Sore belly isolated or isolated fever. The signs of gastro-enteritis are not always characteristics, especially during an outbreak.

* Symptoms immediately intense diarrhea abundant, high fever with chills, vomiting and headache, pallor, thirst ... In children, it must alert themselves if it is slaughtered, sleeps a lot, if the dry mouth, sunken eyes and especially if the skin still bears traces of the fold

abnormal discharge (1)
alcohol (1)
anti-inflammatory (1)
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antimycotic (1)
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Antiperspirant (1)
apply ointment (1)
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Asymmetry (1)
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biological clocks (1)
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boiling water. Against
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Brittany (1)
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calcium and fiber (1)
campaign INPES (1)
cancers (1)
canoeing (1)
carbohydrate (1)
carbohydrates (1)
cardiovascular diseases
(1)
cataracts or glaucoma
(1)
cauliflower (1)
cervix (1)
chills (1)
cholesterol circulating (1)
chronic diseases (1)
cleaner (1)
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condom classic (1)
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cycling fitness (1)
dangerous (1)
diabetes (1)
drowning and poisoning
(1)
ears and torso (1)
elastic wall (1)
expectorant (1)
eye surgery (1)
fast relaxation (1)
fat (1)
fatigue (1)
Florida (1)

when the gripper. In the infant, sudden weight loss of 5% or more is also a sign of seriousness. There exists a significant risk of dehydration and should call the doctor immediately.

So young and already stressed out!
Abdominal pain in children: no drama, but remain vigilant!
Reflexology for a belly shape!

Gastroenteritis: what happens there during the examination?

Before a child who has severe diarrhea for several days associated with vomiting and fever, the doctor moves immediately to a viral gastro-enteritis, especially during epidemics. It will search for a possible source of infection (common cold, nasopharyngitis).

The presence of fever suggests an infectious origin, while its absence is more in favor of a dietary error. Palpation of abdominal pain research and auscultation allows him to hear sounds air-fluid ("Squish") characteristics. The child must be weighed because the weight is a reflection snapshot of any dehydration. When weight loss is observed above 5%, there is thought that dehydration should immediately compensate, if necessary to hospital.

Additional tests (complete blood count, stool analysis to look for a bacterial or amoebic, radiography or ultrasound of the abdomen) are generally unnecessary, except in special cases (blood in stool, in fragile, recent stay in country hot, suspected appendicitis ...).

Posted by Health Centre at 11:16 PM 1 comments

Labels: stomach pain, vomiting

Thursday, June 10, 2010

Are there other risks associated with cannabis?



- Contrary to what one might think, cannabis does not appear to increase the risk of lung cancer (compared with tobacco smokers). However, these are cancers of the head and neck are raised, including cancers of the oral cavity.

- Individuals with heart disease (myocardial) saw their risk of myocardial infarction multiplied by 5 in the hour after taking cannabis.

- The effects on brain function are variable. Violations of verbal learning, memory and attention have been described, with a global alteration of intellectual faculties. As for the impact on school performance, they are difficult to analyze, cannabis can be both cause and consequence.

- Finally, the increased risk of schizophrenia was confirmed: it is 2.4 times higher in people who take cannabis. It is estimated that 13% of schizophrenia could be prevented by the absence of cannabis. Caution, however, the nature of the relationship between cannabis and schizophrenia remains unclear.

Posted by Health Centre at 9:50 PM 1 comments

Labels: lung cancer, tobacco smokers

Wednesday, June 9, 2010

The flexible maternity leave

Since 2007, it is possible to modulate your maternity leave as follows: you can move your departure on maternity leave of 15 days. These are then carried over 15 days after delivery. For example, if this is your first or second pregnancy, your prenatal leave is then 4 weeks before the expected date of birth and 12 weeks after.

To qualify for this modulation the physician must provide a certificate attesting your ability to continue your work.

Leave for pregnancy pathology

It may be prescribed by the doctor in case of pregnancy-related diseases: hypertension, diabetes, preterm labor ...

It is 14 days, and must be taken before 6 weeks of prenatal leave.

Warning, this pathological pregnancy leave is not part of maternity leave. This is a "real" work stoppage.

Leave for pathological puerperium

Florida (1)
food (1)
food benchmarks (1)
gastric inflammation (1)
gastric ulcer (1)
gentle massage (1)
headache (1)
healthy flora (1)
hearing (1)
heart attack (1)
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Lasik (1)
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optical center (1)
other sport (1)
oxygen permeable lenses (1)
PACA region (1)
palpitations (1)
pause time (1)
perfume (1)
phonatory organs (1)
pizza and rice (1)
pollution (1)
polyurethane (1)
pose health risks (1)
post-coital (1)

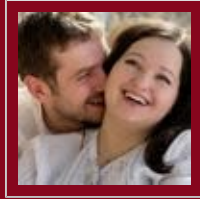
Sick leave may also be prescribed by the physician after childbirth and after the postnatal maternity leave. It can not exceed 28 days.

Posted by Health Centre at 10:17 PM 0 comments

Labels: diabetes, hypertension, Sick leave

Tuesday, June 8, 2010

Weight loss can she put a couple in danger?



Weight loss and seduction

The problem most often encountered is that the new power of seduction by the partner who has lost weight. One woman, for example, often want (and need) to rebuild a wardrobe, (re) making of clothes she dared to wear before, or even change my style. All these approaches can worry a spouse who lacks confidence in him, or suffer from a jealousy that was quieted by his overweight companion. This sentiment might be irrational (remember that being overweight does not win!), It is nevertheless widespread.

Weight loss and personality change

Losing weight can sometimes lead to a profound transformation of the personality. Indeed, being a healthy body is a key element of self-confidence. When an overweight woman is very faded and dominated by his partner, his weight loss can give him the confidence to seek out its bid. Suddenly, the entire balance of the couple who is upset and, where appropriate, challenged.

Posted by Health Centre at 9:03 PM 0 comments

Labels: self-confidence

Monday, June 7, 2010

The oral examination

To pass an oral examination, clean and dress count. However, priority should be given clothes that you feel good. This gives ease and therefore the insurance.

It should speak loudly enough and clearly without shouting.

The verbal often require long waits in the hallway distressing. The practice of the fast relaxation is truly an asset to relax and wait without too much stress. As indicated above, it is inspiring time of 5 and exhale 5 times, repeat for 2-3 minutes.

Positiver

All black no benefit. Ruminating thinking "I'm hopeless," "I never will," "I had to review more", etc., Diminishes self-esteem and motivation. It means eliminating this operation and vice versa bright side: "I too can do it!", "I have all my chances," "I have good sense ", etc.. To help, you can review all his qualities and experience (all the lessons learned, time spent in the courts, the explanations given to your boyfriend to help, success in previous reviews, etc..).

Posted by Health Centre at 9:59 PM 0 comments

Labels: self-esteem and motivation

Sunday, June 6, 2010

Risk of psychiatric disorders



Depression, attempted suicide and suicide are psychiatric disorders with risk of occurrence is increased as isotretinoin.

Between 1986 and April 2009, one hundred cases of psychiatric side effects have been reported (52 cases of depression, 10 suicide attempts and 10 suicides). Note that cases of depression and suicide attempts were associated with a history of depression, a precipitating factor (fracture, attempted suicide of a loved one) or personality disorders.

People with psychiatric history and who wish to follow this treatment must therefore have a very close monitoring.

If signs suggestive of depression or other psychological disorders, discontinuation of

post-oral (1)
post-shave (1)
poultry and fresh fish
packaged (1)
propane (1)
provide energy (1)
rapeseed (1)
Raynaud's syndrome (1)
relatively thick (1)
rheumatic pain (1)
rhinitis (1)
rowing (1)
rubella and mumps (1)
sebum schlichtundweg
(1)
sedentary lifestyle (1)
self-confidence (1)
self-esteem and
motivation (1)
severe pain (1)
short-term memory (1)
shoulders (1)
Sick leave (1)
sleep disorders (1)
sleeping pills (1)
smoking cessation (1)
spicy meal (1)
spine straightens (1)
sticks carbon or glass
fiber (1)
stomach pain (1)
stress (1)
sudden death (1)
suffocation (1)
sun or cold (1)
surveillance and
screening (1)
sweating (1)
tap water (1)
tea (1)
technique (1)
temperature (1)
tendons and nerves (1)
throat cancer (1)
tingling (2)
tobacco (1)
tobacco smokers (1)
toxic bleeding and
vomiting (1)
turnips (1)
useful tips (1)
uterus (1)
varicella (1)
vertebral collapse (1)
viral infection (1)
visual field (1)
vitamins (1)
vomiting (1)
warm up (1)

treatment should be advocated.

Overall, the mental state of the patient throughout the treatment should be evaluated with increased surveillance and screening of subjects at risk. The doctor may include using a questionnaire to evaluate the potential of a depressed teenager before the first prescription and throughout the treatment.

Posted by Health Centre at 10:05 PM 0 comments

Labels: surveillance and screening

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